

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Nov. 15, 2001

NEWS BRIEFS

FLU SHOTS ARE HERE

Any CHS employee in Frankfort who signed up for a flu shot should roll up their sleeves on Monday, Nov. 19. Go to the first floor nurse's office from 8-11:30 a.m. or 1-4 p.m. Please wear clothing that allows sleeves to easily roll up.

CHECKUP TWICE MONTHLY

The CHS Checkup is now being issued twice a month, normally on the 15th and 30th of each month. The Office of Communications had difficulty keeping up with the weekly schedule and it was decided every other week may work. Please keep the publication dates in mind if you need to publicize something or submit an article.



TIP OF THE WEEK

Diabetes is called the silent disease because it can go undetected for years until irreversible damage has been done. If caught early, many complications can be prevented. Remember these warning signs: overweight, underactive, over 45 years of age, excessive thirst, easily tired, history of diabetes in the family, frequent urination, sores that heal slowly. More than five million Americans have diabetes that do not know it.

KMA Honors Dr. Leach For Work On Health In Kentucky

The Kentucky Medical Association issued a resolution at its board of trustees on Nov. 14 paying tribute to Commissioner of Public Health Dr. Rice Leach for his continued accomplishments on behalf of health in Kentucky and outreach to the physicians of the state.

The resolution cited Dr. Leach's cooperation with the KMA during his eight years as commissioner on many health, safety and medical issues and projects aimed at improving the health of Kentuckians as well as his advocacy for children, handicapped, and the elderly. Dr. Leach's leadership role in

preparing the state for possible acts of bioterrorism and efforts to allay the fears of Kentuckians was also recognized.

The resolution also discussed Dr. Leach's efforts, with the KMA and General Assembly, on behalf of developing a Universal Vaccine Program. Gov. Paul Patton's Early Childhood Development Initiative, KIDS NOW, has provided vaccines for 10,000 underinsured children.

The resolution expressing KMA's appreciation of Dr. Leach will be printed in the *Journal of the Kentucky Medical Association* and forwarded to Governor Patton.



Public Health Celebrates 25th Anniversary of American Smokeout

Public Health sponsored a display in the Human Resources lobby as part of the Great American Smokeout on Thursday, Nov. 15.

About 100 people received information about how to quit smoking. Door prizes were also awarded.

This is the 25th anniversary of the smokeout.

According to the Centers for Disease Control and Prevention, about 30 percent of Kentucky adults smoke.

Today, an estimated 47 million adults smoke in the United States. Tobacco use can cause lung cancer, as well as other cancers, heart

disease, and respiratory disease; and each year smoking is responsible for one of five deaths.

Cooper-Clayton classes have started for employees who want to quit smoking. For more information, call Beth Thomas or Irene Centers at 564-7996.



Send Us Your News

Do you have something newsworthy for the Checkup? Let the CHS Office of Communications know by calling 502-564-6786. Our mail stop is 5C-A.

